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Operations

“OPERATION GET FIT” PROGRAM

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This instruction implements Air Force Policy Directive (AFPD) 10-1, *Mission Directives*, and Air Force Instruction (AFI) 10-248, *Fitness Program*. It establishes the 460th Space Wing (460 SW) “Operation Get Fit” (OGF) Program supporting the Air Force Chief of Staff’s (CSAF) Fit to Fight Program. It outlines the programs available to squadron commanders to establish their fitness program and the systems set in place to monitor participation in the program. This instruction applies to all personnel assigned to the 460 SW, Buckley Air Force Base (AFB). Compliance with this instruction by 460 SW tenant organizations is highly encouraged. Maintain and dispose of records created as a result of prescribed processes in accordance with the Air Force Records Disposition Schedule (RDS) located in Web RIMS. Comply with Air Force Instruction (AFI) 33-332, *Air Force Privacy Act Program*, for documents containing: “Privacy Act Information”. For “Official Use Only (FOUO)” information comply with Department of Defense Regulation (DoD) 5400.7-R/AFSUP, *DoD Freedom of Information Act Program*, **Chapter 4**. See **Attachment 1** for glossary of references and supporting information.

All members of the Air Force must be physically fit to support the Air Force mission. Health benefits from an active lifestyle will increase productivity, optimize health, and decrease absenteeism while maintaining a higher level of readiness. The goal of the Buckley “Operation Get Fit” Program is to motivate all members to participate in a year-round physical conditioning program that emphasizes total fitness, to include proper aerobic conditioning, strength/flexibility training, and healthy eating. Commanders and supervisors must incorporate fitness into the AF culture to establish an environment for members to maintain physical fitness and health to meet expeditionary mission requirements and deliver a fit and ready force. The annual fitness assessment provides commanders with a tool to assist in the determination of overall fitness of their military personnel.

1. Program. Commander-driven physical fitness training is the backbone of the AF physical fitness program. The program promotes aerobic and muscular fitness, flexibility, and optimal body composition of each member in the unit. The “Operation Get Fit” Program will consist of three types of exercise sessions:

Fitness Center (460 MDS/SGPZ)/Health and Wellness Center (HAWC) sponsored Exercise, Squadron-sponsored Exercise and Self-directed Exercise.

1.1. Fitness Center/HAWC-Sponsored Exercise Session.

- 1.1.1. Consists of fitness improvement programs and exercise sessions developed and led by HAWC and Fitness Center personnel (see [Attachment 2](#)).
- 1.1.2. Promotes aerobic, muscular fitness and flexibility.
- 1.1.3. Adheres to listing and description of sample exercise sessions at [Attachment 1](#).

1.2. Squadron-Sponsored Exercise Session.

- 1.2.1. Led by Physical Training Leader (PTL).
- 1.2.2. Must promote aerobic and muscular fitness and flexibility.
- 1.2.3. Conduct HAWC-certified squadron exercise session.
 - 1.2.3.1. May choose from list at [Attachment 1](#).
 - 1.2.3.2. Ensure squadron-sponsored exercise description is certified by HAWC personnel prior to exercise session.
- 1.2.4. Organize one activity per month; may be an activity such as squadron hikes, team sports or other fitness activities that encourage team building and promote esprit de corps.

1.3. Self-Directed Exercise Session.

- 1.3.1. Self-paced exercise.
- 1.3.2. Must promote aerobic and muscular fitness and flexibility.

2. Responsibilities.

2.1. 460th Space Wing Commander (460 SW/CC): Build a physical fitness framework that meet the CSAF's direction and encompass Air Force members within facilities at Buckley AFB.

2.2. Group Commander. Ensure unit commanders are online with "Operation Get Fit" Program and understand the program is a commander-directed unit fitness program.

2.3. Squadron Commander.

- 2.3.1. Define and approve unit fitness program within the framework described in this instruction.
- 2.3.2. Lead the unit fitness program.
- 2.3.3. Ensure that all military members attend three fitness sessions per week.
- 2.3.4. Assign PTL to lead unit physical training and conduct Fitness Assessments.
 - 2.3.4.1. Ensure PTLs are trained by HAWC personnel prior to leading unit fitness program.
- 2.3.5. Supplement fitness center/HAWC-sponsored exercise with squadron-sponsored exercise (see paragraph [1.2](#)).

2.4. Unit Fitness Program Manager (UFPM).

- 2.4.1. Maintain squadron member fitness session attendee log (see paragraph [4](#)).

2.4.2. Review individual's participation and report to squadron commander.

2.5. Physical Training Leader (PTL):

2.5.1. Facilitate unit fitness program that is approved by the unit commander and HAWC.

2.5.2. Lead squadron-sponsored exercise sessions.

2.5.2.1. Ensure compliance of safety guidelines for all personnel.

2.5.2.2. Schedule fitness center usage requirements for squadron-sponsored exercise with fitness center staff.

2.6. Supervisor.

2.6.1. Participate (military supervisors), support and promote an overall understanding among personnel regarding the "Operation Get Fit" Program.

2.6.2. Allow members time for fitness training three to five times weekly, during duty hours, according to CSAF's Sight Picture. In cases where mission or duty hours prohibit a member from participating in "Operation Get Fit" Program, the commander must be notified and approve an alternative program on a case-by-case basis.

2.6.3. Promote participation in unit fitness program.

2.7. Fitness Center.

2.7.1. Work with HAWC to develop and provide programs for squadron commanders' fitness program.

2.7.2. Define fitness center/HAWC-sponsored exercise programs.

2.7.3. Develop fitness center/HAWC-sponsored exercise schedule incorporating simultaneous activities, utilizing each section of the fitness center.

2.7.4. In concert with HAWC, develop and lead fitness improvement programs such as aerobics, spokes, etc.

2.7.5. Provide facilities for squadron commanders' fitness program.

2.8. Health and Wellness Center (HAWC).

2.8.1. Work with fitness center to provide programs for squadron commanders' fitness program.

2.8.2. Define fitness center/HAWC-sponsored exercise programs.

2.8.3. Develop fitness center/HAWC-sponsored exercise schedule incorporating simultaneous activities, utilizing each section of the fitness center.

2.8.4. In concert with fitness center, offer fitness improvement programs such as running clinic, mountain bike ride, etc.

2.8.5. Certify squadron-sponsored exercise sessions to meet wing fitness program standards (aerobic and muscular fitness and flexibility).

2.8.6. Train/certify PTLs to lead unit physical training and conduct fitness assessment.

2.9. Individual.

2.9.1. Score 80 percent (85 percent effective 1 July 2005) or higher on fitness assessment.

- 2.9.1.1. Self-directed exercise at least three times per week at unit commander's discretion.
- 2.9.1.2. Attend fitness center-sponsored/squadron-sponsored exercise sessions (optional).
- 2.9.2. Score 75 percent – 79.99 percent (84.99 percent effective 1 July 2005) on fitness assessment.
 - 2.9.2.1. Attend three fitness center-sponsored/squadron-sponsored exercise sessions per week. In cases where mission or duty hours prohibit a member from participating in “Operation Get Fit” Program, the commander must be notified and approve an alternative program on a case-by- case basis.
 - 2.9.2.2. Ensure PTL verifies attendance at exercise session.
- 2.9.3. Score less than 75 percent on fitness assessment/no current score.
 - 2.9.3.1. Attend three fitness center-sponsored/squadron-sponsored exercise sessions per week.
 - 2.9.3.2. Attend one HAWC-sponsored running clinic per week.
 - 2.9.3.3. Complete at least one self-directed exercise session per week.
 - 2.9.3.4. Document exercise sessions on AF IMT 1975, **Fitness Improvement Activity Log - Aerobic Training-Strength Training**, and ensure PTL annotates attendance.

3. Scheduling.

3.1. Fitness Center/HAWC-Sponsored Exercise Sessions.

- 3.1.1. Individuals will sign up by accessing the schedule located on the People Helping People/ Integrated Delivery System (PHP/IDS) website (and subsequent fitness center link) located on the Buckley Intranet Homepage, <https://wwwmil.buckley.af.mil>.
 - 3.1.1.1. First time users will be prompted to register for the site prior to accessing the schedule. After registration the individual will sign up for each exercise session they will be attending.
- 3.1.2. Personnel unable to attend a class they have signed up for will be required to cancel their attendance prior to the class start time.
- 3.1.3. No shows will be reported to commander/first sergeant.

3.2. **Squadron-sponsored exercise session.** Squadrons can contact the fitness center to schedule the gym floor, aerobics room, spokes room, free motion circuit training machines, etc. Members from other units will be allowed to join in on a space available basis. Unit PTLs leading these programs will sign off on AF IMT 1975 for individuals requiring such documentation (see paragraph 2.7.3.).

4. Reporting.

- 4.1. Individuals will access the Fitness Tracking System at <https://halfway.peterson.af.mil/warfit> and input each workout session completed.
- 4.2. The squadron UFPM will access the fitness tracking system database to report progress to the squadron commander.

5. Forms or IMTs (Adopted and Prescribed).

5.1. Adopted Forms or IMTs.

5.1.1. AF IMT 1975, **Fitness Improvement Activity Log - Aerobic Training-Strength Training.**

5.2. Prescribed Forms or IMTs. No forms or IMTs are prescribed in this publication.

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Commander

Attachment 1

GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION

Terms

Circuit training—A form of training that takes the participant through a series of exercise stations, sometimes with brief rest intervals in between exercises. Can emphasize muscular endurance, aerobic conditioning, muscular strength or a combination of all three.

Spokes—Participants ride stationary bicycles for a duration of 45-60 minutes. During the class the instructor prompts the participants to increase/decrease resistance, stand/sit, or to increase/decrease their cadence. The resistance is ultimately up to the participant. Great class for cardiovascular endurance.

Aerobics Classes—A variety of aerobics classes are offered. They all focus on cardiovascular and muscular endurance. Each class involves a series of coordinated movements designed to increase the heart rate for an extended period of time. Some of the classes offered are Boot Camp, Hi/Low, Step, and Power Sculpt.

Run Clinic—The purpose of this class is to teach participants how to run more effectively. Whether it is better form or gait that you are seeking or taking time off of your timed runs, this class is focused on optimizing your running ability.

5K/10K Run—This class consists of either a 5 or 10K run. The purpose is to increase your aerobic endurance and to decrease your distance run times.

Fit Ball— Each participant of this class is provided an exercise ball with which a number of exercises will be performed. This class focuses on core strengthening, which refers to the muscles of the low back and abdominal regions. We will also be incorporating the other large muscle groups of the body in order to achieve overall fitness and balance.

Mountain Bike Ride—Participants will ride mountain bikes on the dirt path that borders the base perimeter fence. It is recommended that you bring your own bicycle, however some bikes will be available through outdoor recreation. This class will promote aerobic and muscular endurance.

Ski/Snowboard (Leg Conditioning)—This class will prepare participants for the upcoming ski season. The class will emphasize lower body muscular strength and endurance. We will also perform sport specific drills to enhance balance, lateral stability, and coordination that will be challenged on the snow.

Sports Conditioning Class—A fitness class that challenges the whole body by using sports training techniques to improve balance, motor skills, physical fitness, and sports conditioning.

Attachment 2

SAMPLE BUCKLEY "OPERATION GET FIT" SCHEDULE

Day	Time	Class	Max Participation	Location
Monday	6:00	Spokes or Aerobics (C)	20	Aerobic Room
	6:30-8:00	SFS		West Gym Floor
	7:00-8:00	SVS		Aerobics Room
	8:00	Circuit Training (H)	50	Gym Floor
	9:00	Spokes (H)	20	Aerobic Room
	11:30	Spokes or Aerobics (C)	20	Aerobic Room
	11:45	5K/10K Run (H)	50	Outdoor Running Track
	3:00-4:30	OSS		East Gym Floor
	3:00-4:00	2SWS		Aerobics Room
	3:30-5:00	SFS		West Gym Floor
	5:15	Spokes or Aerobics (C)	20	Aerobic Room
Tuesday	6:00	Spokes or Aerobics (C)	20	Aerobic Room
	7:45	Run Clinic (H)	20	Inside/Outside Running Track
	10:30	Circuit Training (F)	50	Gym Floor
	11:00	Mountain Bike Ride (H)	30	Outside
	11:30	Spokes or Aerobics (C)	20	Aerobic Room
	3:00	Run Clinic (H)	20	Inside/Outside Running Track
	3:00-4:30	LRS		East Gym Floor
	5:15	Spokes or Aerobics (C)	20	Aerobic Room
Wednesday	6:45	Fitness Assessment	50	Aerobic Rooms
	6:00	Spokes or Aerobics (C)	20	Aerobic Room
	6:30-8:00	SFS		West Gym Floor
	7:00-8:00	SVS		East Gym Floor
	9:00	Run Clinic (H)	20	Inside/Outside Running Track
	11:00-12:30	OSS		East Gym Floor
	11:30	Spokes or Aerobics (C)	20	Aerobic Room
	2:30-3:30	CES		East Gym Floor
	3:00-4:30	LRS		Aerobics Room
	3:30-5:00	SFS		West Gym Floor
	3:45-4:30	MSS		East Gym Floor
	5:15	Spokes or Aerobics (C)	20	Aerobic Room
Thursday	6:00	Spokes or Aerobics (C)	20	Aerobic Room
	7:00	Circuit Training (H)	50	Gym Floor
	10:30	Circuit Training (F)	50	Gym Floor
	11:30	Spokes or Aerobics (C)	20	Aerobic Room
	1:00	Fit Ball (F)	15	Aerobics Room
	3:00	Run Clinic (H)	20	Inside/Outside Running Track
	4:00-5:00	MDS		East Gym Floor
	5:15	Spokes or Aerobics (C)	20	Aerobic Room
Friday	6:45	Fitness Assessment	50	Aerobic Rooms
	6:00	Spokes or Aerobics (C)	20	Aerobic Room
	6:30-8:00	SFS		West Gym Floor
	7:00-8:00	SVS		East Gym Floor
	9:00	Spokes (H)	20	Aerobic Room
	9:30-11:00	OSS		East Gym Floor
	11:00	Run Clinic (H)	20	Inside/Outside Running Track
	3:00-4:30	LRS		East Gym Floor
	11:30	Spokes or Aerobics (C)	20	Aerobic Room
	3:30-5:00	SFS		West Gym Floor
	5:15	Spokes or Aerobics (C)	20	Aerobic Room

Key: C: Contract Instructors
H: HAWC led
F: Fitness Center led